

Summer Food Service Program (SFSP) 2009



Looking for Fun Summer Activities to do with Children?

The **OPI School Nutrition Education** link will lead you to age-appropriate (preK-grade 12) and accurate nutrition education resources and lesson plans that children will enjoy participating in.

<http://www.opi.mt.gov/schoolfood/nutritioned.html>



The **My Pyramid for Kids** Web site is designed for children 6 -11 years and contains nutrition information explaining the key concepts in "My Pyramid for Kids". There are games, print off posters, learning activities, and coloring pages all based on "MyPyramid for Kids". MyPyramid information is based on the 2005 Dietary Guidelines for America.

<http://www.mypyramid.gov/kids/index.html>

The **Eat Smart, Play Hard™** Web site offers a variety of lessons to promote healthy eating behaviors and physical activity behaviors in children. These resources and tools convey and reinforce healthy eating and lifestyle behaviors that are consistent with the Dietary Guidelines for Americans and the MyPyramid Food Guidance System.

<http://www.fns.usda.gov/eatsmartplayhardeducators/>

<http://www.fns.usda.gov/eatsmartplayhardeducators/materials/index.asp>

Power Panther says:
"Eat Smart, Play Hard!"



The **Kid's Gardening** Web site offers information and activities on gardening and nature exploration with children as well as ideas for parents to encourage family/community gardens. <http://www.kidsgardening.com>

The **Montana Extension** Web site lists the Montana State University Extension Services local county offices. Go to the web site and find the County Extension Program for your county and see what programs and services are provided. <http://extn.msu.montana.edu/localoffices.asp>

The **Grow Montana** Web site offers information about "Farm to School" and "Farm to Cafeteria" projects and assistance to anyone interested in serving local foods in there schools. <http://www.growmontana.ncat.org/>

Science and Discovery Outdoors

"Discovering Montana's Ecosystems" This is a fun and exciting way for learners of all ages to **Discover, Explore, Conserve** and **Learn** about our natural landscapes! This site includes information about flora (plants), fauna (fish and wildlife), and activities that teach about food chains, classification, adaptations, and human impacts. <http://fwp.mt.gov/education/default.html>

Education Trunks are loaned to school from Montana Fish, Wildlife and Parks for either a small fee or the shipping cost of returning the trunk. <http://fwp.mt.gov/education/teachers/trunks/default.html>

The **Montana Historical Society Education Office** provides a wide range of educational resources. Gallery tours can make learning Montana history enjoyable for kids and adults.

<http://montanahistoricalsociety.org/> Their Web site also offers learning activities and resource ideas for students who want to know more about Montana's past.

<http://mhs.mt.gov/education/curriculum.asp>



Check out OPI **Indian Education for All** at <http://www.opi.mt.gov/IndianEd/Index.html> for information about Native American history and culture in Montana. Click on "Links" and open a variety of Web sites steering you to curriculum & learning activities: <http://www.opi.mt.gov/indianed/links.html>

Arts and Music

<http://www.sedl.org/afterschool/toolkits/art/index.html> This Web site offers lesson plans and ideas for promoting artful expressions for grades K-12 - theatre, dance, music, painting, sculpture, story telling, etc.

<http://www.crayola.com/lesson-plans/> (for all grades) This Web site offers lesson plans and activities in the menu under for Educators. In the drop down box, click on Lesson Plans. Enter the grade, subject or theme, and find fun activities to do with kids in a variety of subject areas.

http://www.kidsolr.com/arts_music/index.html Open this Web site and see the wealth of learning activities for children in art, music, history - Something for everyone!





Reading and Math

<http://www.rif.org/readingplanet/> Reading Is Fundamental. This is a great Web site to spur summer reading in children. Check out the "Activity Lab" with its "Activity Search" for children ages 0-13+ ... Make sure you check out your community library for summer programs offered or to cool from the hot summer afternoons!

<http://prek-8.com/> Checkout this Web site for fun reproducible materials for math, language arts with story writing, and fun activity sheets for children prek-Grade 2. Keep learning active during the Summer.

http://www.education-world.com/a_lesson/index.shtml This Web site is full of activities for reading, math, science, and fun, fun, fun! Visit it to find lessons and activities on just about any subject!

<http://www.oyate.org> Oyate - Information regarding literature by and about Native peoples.

<http://www.nwrel.org/indianed/indianreading> Stories and Legends of the Northwest



Summer Field Trip Checklist:

- ✓ **Off-site Activity Form/Field Trip Request Form.** This only needs to be filled out if **off-site** activities are planned. **Must be submitted to OPI at least one week in advance, and written approval must be received from the OPI office.** Fax: (406)444-2955
- ✓ **Ideas for a Healthier, Safer Summer.** This summer is a great opportunity for everyone to think about simple ways to start being more active, eating better and creating a healthy lifestyle that can last a lifetime. Check out the Center for Disease Control's Web information at:
<http://www.cdc.gov/od/oc/media/presskits/summer.htm>
- ✓ **Field Trip Safety Checklist - Ideas to make field trips safe and enjoyable.**
 1. Call ahead or visit the park or facility if you are unfamiliar with the area or the services available (water, bathrooms, food, fees, etc.).
 2. Establish a safe and direct route to and from your destination.
 3. Maintain adult-to-child ratios needed to insure the safety and well being of the children. Add extra staff if safety is a special concern (crowded area, limited visibility, etc).
 4. Post trip information by the telephone in the office area or other pre-established location. Include route, destination, departure and return times, a list of the children and adults involved, field trip permission slips, and a cell phone number if available.
 5. Carry a first aid kit, health consent forms and emergency information for each child with you. Also include "as needed" medications for children with special health needs and directions for its use for that child. Use of sunscreen requires parental permission. At least one staff member should have a current first aid and CPR certificate.
 6. Plan to keep food/lunches cold and safe. Make arrangements for hand washing if running water is not available.
 7. Plan for frequent rest and water breaks between activities.



Have a Fun – Safe – SFSP Summer!

OPI Summer Food Service Program (406) 444-2521

OPI School Nutrition Programs (406) 444-2501